

DON'T DENY YOURSELF

Human nature's a funny thing.

To illustrate, take something away from us and that's when we decide we want it most. We may even be willing to fight for it. This holds true on the national and international scale in relation to our freedom and liberty. It's also true for the individual.

Tell a woman she must eat less, and she becomes the hungriest. Tell a man he must quit smoking, and he craves tobacco more than ever. Suspend a driver's license, and that's when the individual can find the greatest need for his car.

We don't appreciate our pleasures and privileges until they are withdrawn. Then we miss them and learn to have greater respect for them if we ever get them back.

Perhaps someone ought to take away our safety for a while, tell us we can't have it, and that we'll just have to take our chances and see if we can survive.

Then all at once we'd appreciate the ideas of safety and apply them to everything we do. We'd probably be glad we could practice safety.

Does something like this have to happen? Or shall we decide to take advantage of our opportunity to be safe? Let's appreciate what we have now and strive for a safer life—on and off the job.

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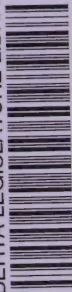
workers

**WORKMEN'S
PENSATION
BOARD, ALBERTA**

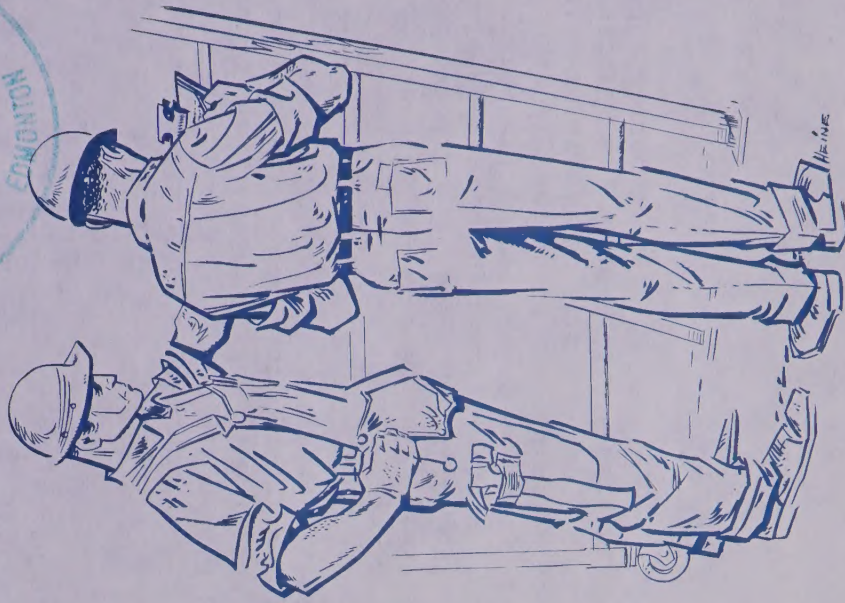
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WINTER SAFETY

Winter is fast approaching, and with it will come a wide variety of accident hazards peculiar to the season.

In wintertime, we have accident hazards that we don't have other times of the year. The slipping danger of ice and snow is right at the top of the list.

At many plants and job sites, outside walks will be cindered and shoveled. Nevertheless, there'll still be some slick spots. Watch out for them, especially if you're carrying material or pushing a hand truck. And if you're working with a ladder or scaffold, make sure it's cleared of ice and snow before using it.

Sudden chills are real guarantees to colds and flu. Avoid them wherever possible. Frequently men get heated up doing some inside work and then go outdoors to grab a smoke or cool off. Predictably, many of them catch debilitating colds.

When you're wearing bulky clothes, when you're a little chilled, or when a cold has you down, your efficiency and co-ordination aren't as good as usual. You can't move as fast as normal. Your fingers aren't so nimble. You get tired faster. So you're a little more prone to have an accident.

The solution is to play it a little safer all around.

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WINTER DRIVING

Winter driving conditions don't cause accidents, claims the National Safety Council.

Drivers who fail to adjust to conditions cause them.

Alert drivers enjoy accident-free winters in spite of the added hazards. Learn how to cope with them.

* Check mechanical equipment. Ensure your brakes grip evenly—unequal gripping starts skids. Be sure the defroster and windshield wipers work, and see that the lighting equipment is adequate for the longer hours of darkness.

* Get the feel of the road and be prepared for poor traction. The required distances for stopping on packed snow are about $2\frac{1}{2}$ times the distances on concrete. On ice, the distances required are 4 to 5 times as much.

* Watch for hard, icy slopes at the side of the road, and stay out of snow and ice ruts. If you have to drive in them, don't drive over 25 mph.

* Learn to expect ice on bridges, shaded spots, and at approaches to intersections. Remember it's much more difficult to control a vehicle going down a steep grade than coming up.

* If the car or truck starts to skid, turn the front wheels in the direction of the skid until you recover control—but stay off the brakes and don't accelerate!

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CHECK BEFORE YOU MOVE

Every year in Alberta, our industrial Safety record is marred by numerous lost-time injuries and fatalities involving mobile heavy equipment.

Usually, this kind of accident results from someone's failure to take commonsense precautions.

Years ago, heavy earth-hauling equipment was slow-moving and not so massive, and the operator could see pretty well in all directions.

Today, this kind of equipment is heavy, large, and fast-moving, and in many cases, the operator's field of vision is restricted. So the man who operates such equipment now has to be more alert to avoid injuring fellow workmen.


Before boarding a piece of heavy equipment to drive it off, always walk completely around it. Then you'll be able to see the persons in the vicinity and warn them that you're getting ready to move the equipment.

It takes a few seconds to walk around the machine or truck before you board it. It takes a few seconds to have someone signal you when you have to back-up such equipment. But it's time well-spent, especially if lost-time accidents are avoided and lives are saved.

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CLINIC COMING: - JANUARY 18 - 23, 1965

Construction & Roadbuilders' Safety Clinic
Agricultural Building, Room B,
Exhibition and Stampede Grounds
CALGARY, Alberta.



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